

2019 Community Engagement Conference

Partnering for a Resilient and Sustainable Future



IGNITE

January 23 and 24, 2019

EFNEP: Celebrating 50 Years of USDA-NIFA Funded Nutrition Education

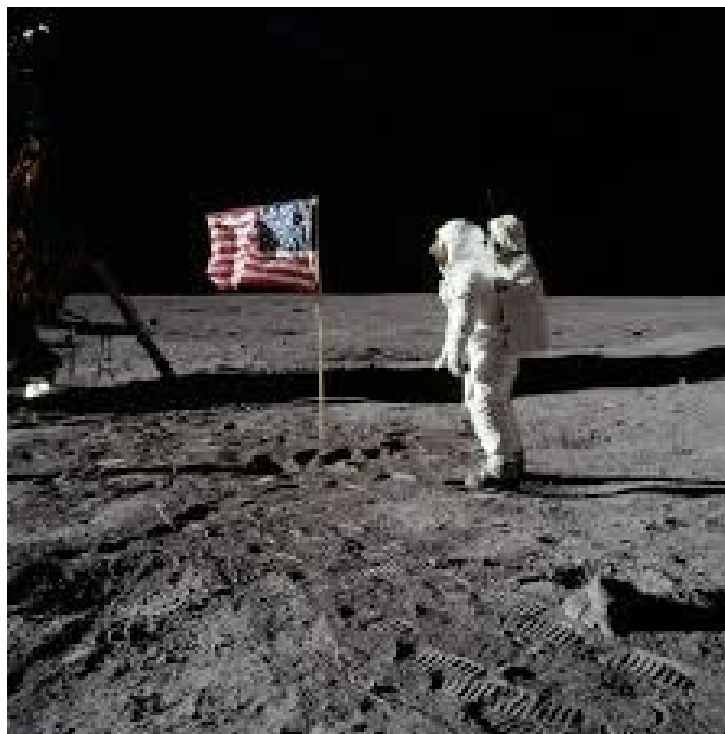
- **Presenters:** All presenters are EFNEP program specialists with OSU Extension
- **Amy Habig, Amy Hollar, Nancy Lyons and Kristen Matlack**



THE OHIO STATE UNIVERSITY



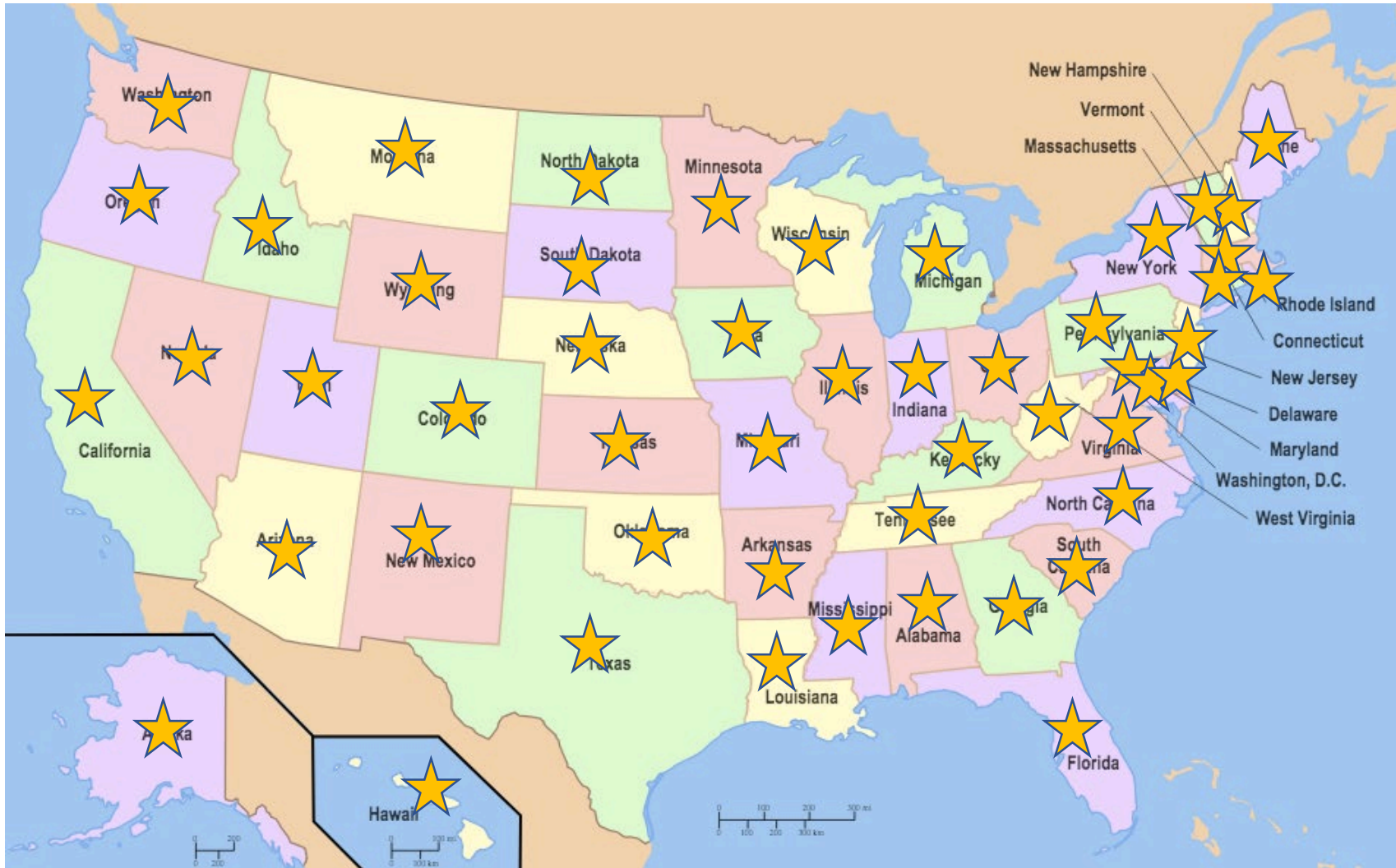
In 1969.....



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1969 – EFNEP is Born

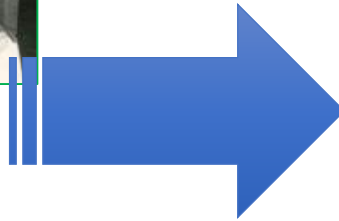


EFNEP is in **all 50 states**, the District of Columbia, and 6 U.S. Territories:

- ★ *American Samoa*
- ★ *Guam*
- ★ *Micronesia*
- ★ *Northern Marianas*
- ★ *Puerto Rico*
- ★ *U.S. Virgin Islands*

Evolution of the EFNEP program

1969 – Focus on rural one-on-one visits.



2019 – Focus on community-based small groups.



What Does EFNEP Do?

Target Population

- Families with children
- Up to 185% Federal Poverty Guidelines

4 Core Messages

- Diet quality & physical activity
- Food resource management
- Food safety
- Food security



EFNEP Target Population

Adults with children



Youth



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Who Makes It Possible?



National Institute
of Food and
Agriculture

budgets for:



Land Grant

Universities like
OSU & CSU



to implement:



Evidence-Based Nutrition
Education Programming

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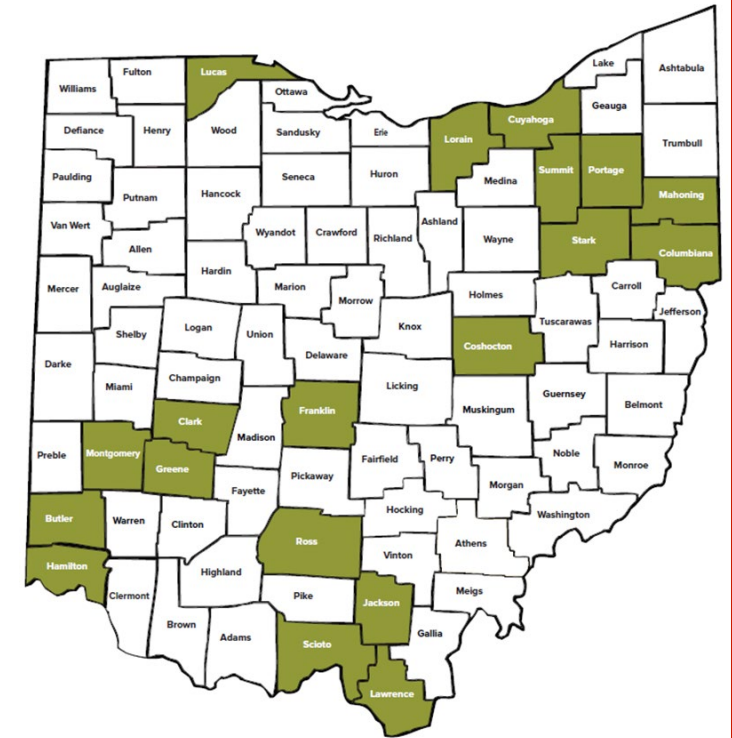


to implement:

OHIO EFNEP
Expanded Food and Nutrition Education Program
Evidence-Based Nutrition
Education Programming



for:



Ohio EFNEP program

Communities
Throughout Ohio

Who Makes It Possible?



National Institute
of Food and
Agriculture

budgets for:



Land Grant
Universities like
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to implement:



Evidence-Based Nutrition
Education Programming

facilitated by:



Fellow Community Members



{ highly trained paraprofessionals }



Ohio EFNEP program

Communities
Throughout Ohio



for:

EFNEP Program Assistants



Fellow Community Members



{ highly trained paraprofessionals }



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How EFNEP Fits within OSU



THE OHIO STATE UNIVERSITY



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

OHIO STATE UNIVERSITY EXTENSION

**Better Lives.
Stronger Communities.**

fcs.osu.edu



The Ohio State University
(President – Dr. Michael Drake)

**College of Food, Agriculture, and
Environmental Sciences**
(Dean – Dr. Cathann Kress)

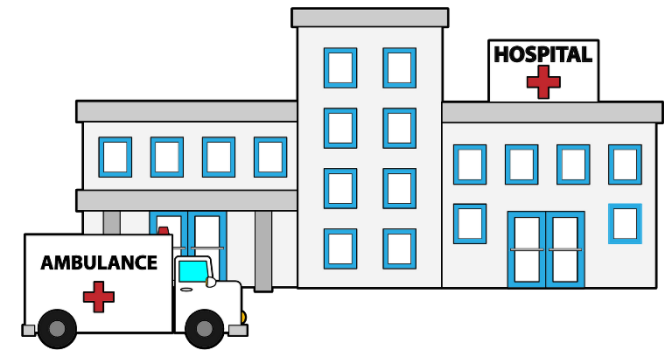
Ohio State University Extension
(Director – Dr. Roger Rennekamp)

Division of Family and Consumer Sciences
(Assistant Director – Pat Bebo)

Expanded Food and Nutrition Education Program
(Program Director – Mari Carmen Lambea)

For easier comprehension, read this way!

Who We Partner With



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Rigorous Evaluation



OHIO STATE UNIVERSITY EXTENSION

EFNEP

Expanded Food and Nutrition Education Program
Food & Physical Activity Questionnaire

PL NAME: _____ NAME: _____ DATE: / / ENTRY: ☐ EXIT: ☐

Please mark the response that best describes how you usually do things.

1. How many times a day do you eat fruit?
Examples of fruits are apples, bananas, oranges, grapes, raisins, melon and berries. Include fresh, frozen, dried, or canned fruit. Do not include juice.

☐ 1 rarely eat fruit
☐ Less than 1 time a day (a couple times a week)
☐ 1 time a day
☐ 2 times a day
☐ 3 times a day
☐ 4 or more times a day

2. How many times a day do you eat vegetables?
Examples of vegetables are green salad, corn, green beans, carrots, potatoes, greens, and squash. Include fresh, canned and frozen vegetables. Do not count french fries, potato chips or rice.

☐ 1 rarely eat vegetables
☐ Less than 1 time a day (a couple times a week)
☐ 1 time a day
☐ 2 times a day
☐ 3 times a day
☐ 4 or more times a day

3. Over the last week, how many days did you eat red and orange vegetables?
Examples of red or orange vegetables are tomatoes, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.

☐ I did not eat red and orange vegetables
☐ 1 day a week
☐ 2 days a week
☐ 3 days a week
☐ 4 days a week
☐ 5 days a week
☐ 6 or 7 days a week

4. Over the last week, how many days did you eat dark green vegetables?
Examples of dark green vegetables are broccoli, spinach, dark green lettuce, turnip greens, or mustard greens.


☐ I did not eat dark green vegetables
☐ 1 day a week
☐ 2 days a week
☐ 3 days a week
☐ 4 days a week
☐ 5 days a week
☐ 6 or 7 days a week

5. How often do you drink regular sodas (not diet)?

☐ Never
☐ 1-3 times a week
☐ 4-6 times a week
☐ 1 time a day
☐ 2 times a day
☐ 3 times a day
☐ 4 or more times a day

6. How often do you drink fruit punch, fruit drinks, sweet tea or sports drinks?

☐ Never
☐ 1-3 times a week
☐ 4-6 times a week
☐ 1 time a day
☐ 2 times a day
☐ 3 times a day
☐ 4 or more times a day

There is more on the next page  Ohio State University



Our Reach in FY2018

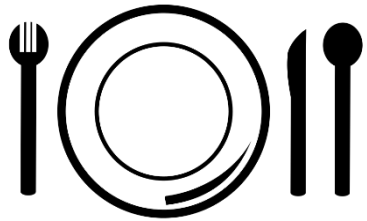
2,822 Adults



7,228 Youth
(Grades K – 12)



Adult Behavior Changes



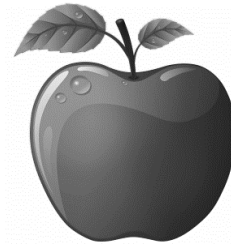
94% improved diet quality



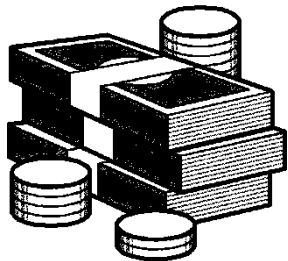
82% practiced more food safety



80% became more physically active



52% ate more fruit

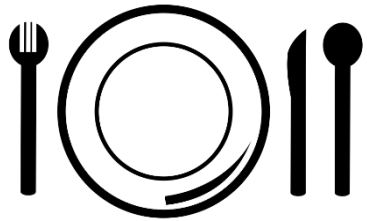


83% better managed food resources



49% ate more vegetables

Youth Behavior Changes



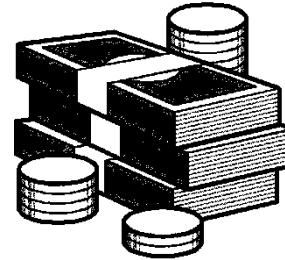
82% improved diet quality



39% became more physically active

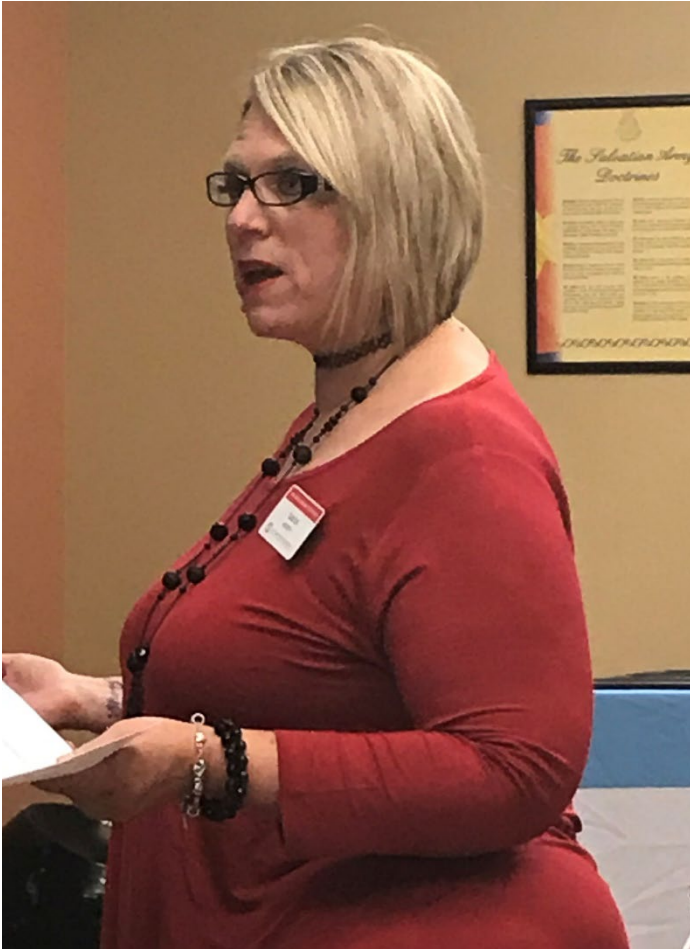


48% practiced more food safety



45% better managed food resources

EFNEP Success Story from Dayton, OH



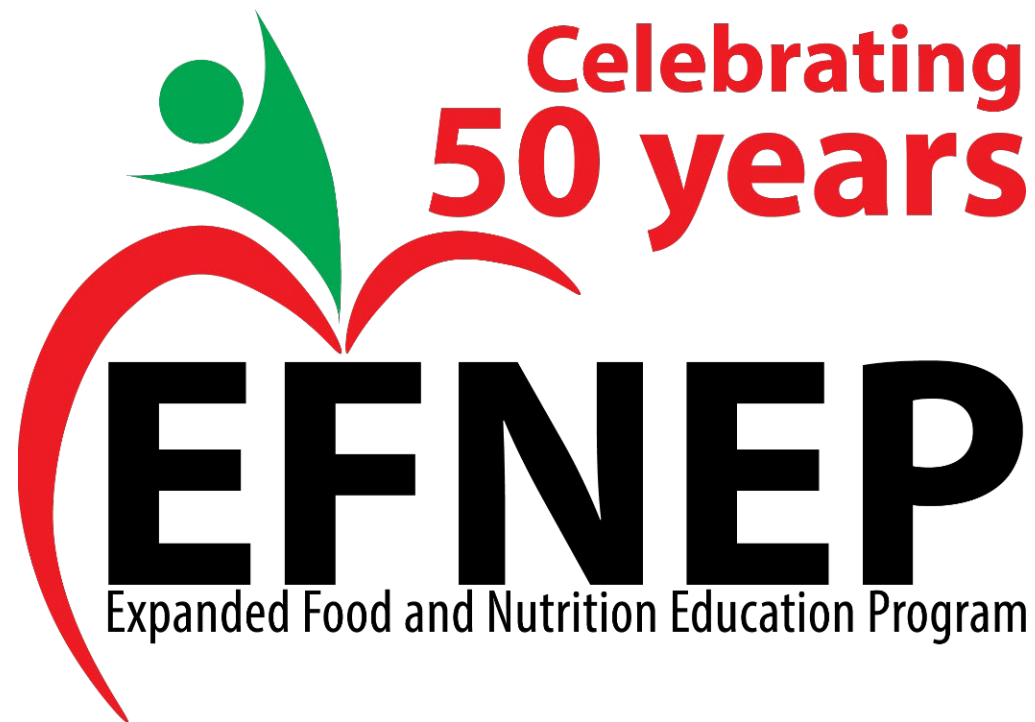
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EFNEP Success Story from Dayton, OH



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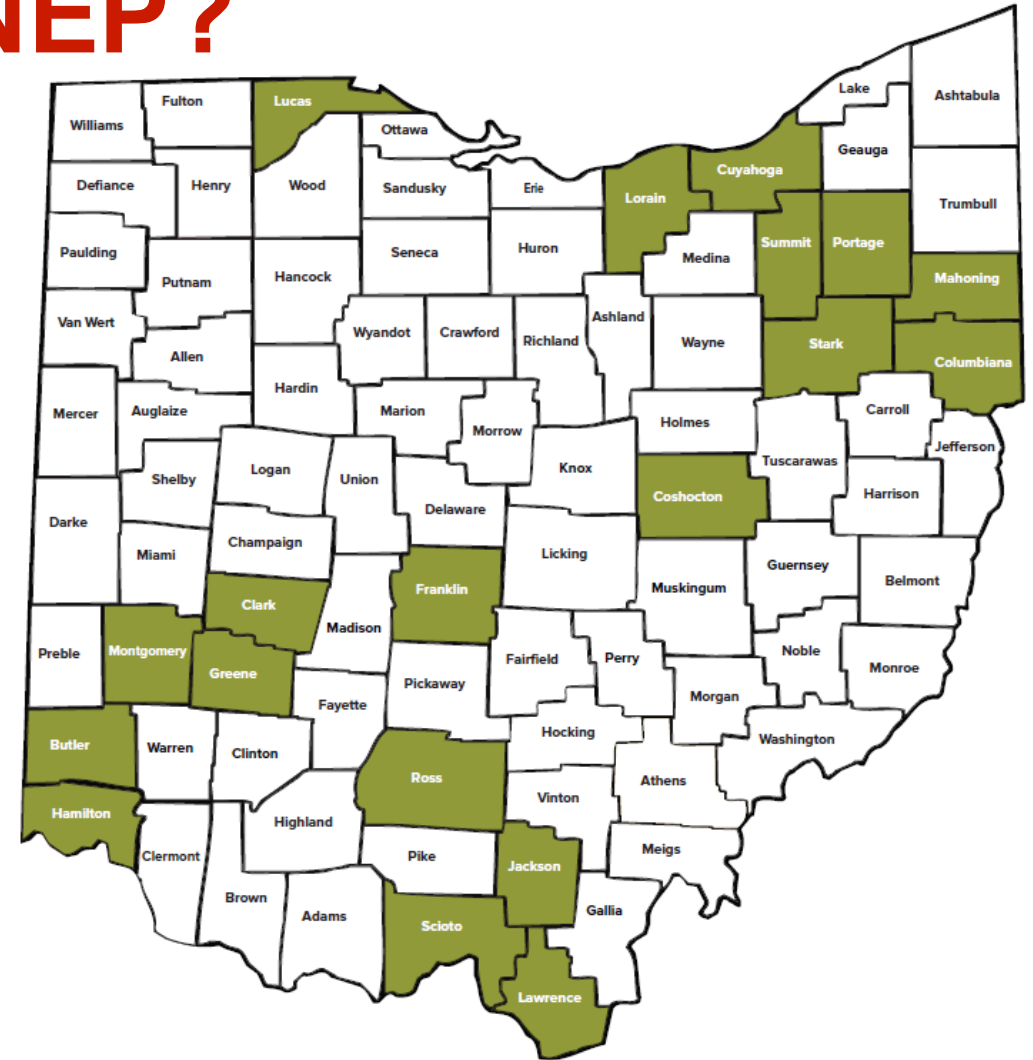
Happy Anniversary, EFNEP!



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Want to connect with EFNEP?

Visit:
go.osu.edu/efnep



 Ohio EFNEP program

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Thank you!



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Recent EFNEP Graduates